

Level 3 Training Ride: Pacific Design Center – Beach, Mandeville Canyon & back
Approx. 35 miles

Mile

0.0

L San Vicente
R Melrose
R Almont (becomes Nemo across Santa Monica)
R Doheny
L Elevado
L Whittier
R Wilshire (cross street and use sidewalk)
L Comstock
R Rochester
L Thayer
R Ohio
R Sawtelle (enter the VA grounds)
R Dowlen
R Bonsall (go under viaduct that spans Wilshire)
L Eisenhower
L Bringham (exit the VA grounds)
R San Vicente

PIT STOP JAMBA JUICE / NOAH'S BAGELS
@ San Vicente & Montana

Continue down San Vicente

R 26th Street (turns into Allenford)
R Sunset (***ride on the sidewalk!***)
L Mandeville Canyon
(*walk bikes across Sunset @ crosswalk*)

This is the point to eat an energy bar or gu to fuel for the hill. Keep drinking too!! This is a 5.3 mile steady climb. There's no need to rush. Get into a rhythm and make sure you look at the gorgeous houses!

TOP OF MANDEVILLE
(house numbers go up to 4085)

Return the way you came

Please be careful about your speed on the downhill!!

R Sunset
L Allenford/ 26th St
L San Vicente

OPTIONAL PIT STOP @ San Vicente & Montana
JAMBA JUICE / NOAH'S (left side of street)

continue along San Vicente

L Ohio
L Thayer
R Rochester
L Comstock
R Wilshire (ride on the sidewalk!)
L Whittier
R Elevado
R Doheny
L Melrose
L San Vicente
R Pacific Design Center

STRETCH, EAT & DRINK AFTER THE RIDE!!!!

For more:

- **Biking Basics**
- **Training Ride Schedules**
- **Used Bikes For Sale**

check out www.caree.org